

**World Yoga Center
Teacher Training
In the Tradition of Anusara Yoga**

WORLD YOGA CENTER
265 W. 72nd Street
New York, NY 10023

Teacher Training Certification Program Application

Please answer all questions completely.
Feel free to use other side, or an additional sheet, when necessary.
Please mail the completed application to:

World Yoga Center
c/o Ann Farbman
140 West End Avenue
Apt 26G
New York, NY 10023

A registration fee of \$500 insures your place in the Training.

Check one:

Registration fee paid

Registration fee enclosed (check payable to *World Yoga Center Special Programs*)

Admission into the Training requires an enrollment interview(*unless you completed the WYC 2006- 2007 Immersion*).

Check one:

Interview to be scheduled

Interview already completed

Name:

Age:

Address:

Telephone: Home:
Work:
Cell:
Voice Mail:
Email address:

Present occupation:

I. Yoga Background

1. Previous study of Hatha Yoga
Please include:
 - a) Schools, teachers, style of yoga

 - b) Format (classes, workshops retreats, etc.)

 - c) Where, when, how long

 - d) Anusara Yoga training (include hours, teachers, workshops, immersions, retreats, etc)

2. How did your interest in Yoga begin?

3. Have you been exposed to Yoga as a spiritual tradition? Include meditation training and experience, philosophical study, contact with a spiritual community, contact with a spiritual teacher or Guru
Please describe:

4. What practices do you do on your own (meditation, pranayama, asana, Kirtan, Satsang, self-study, study of Sanskrit, scriptures), how often, how long?
5. What aspects of Yoga do you enjoy the most, what inspires you the most?
6. Are you already teaching Hatha Yoga professionally? If so, where and when and how many students do you see each week?
7. Have you had any other teacher training(s)? If so, where and when ? How long was that training ?
8. Have you ever taught Yoga informally, e.g. with friends, family, co-workers.
9. What do you feel is the role of a Yoga teacher?
10. Why do you want to become a Yoga teacher?
11. Why did you apply to this training above others?
12. What considerations/concerns do you have about doing a teacher-training, or doing this training?

13. What are you especially interested in learning more about during the course of this training?

14. How would you describe your abilities as a Yoga student? (What do you feel are your strengths and weaknesses?)

17. Are you currently working with any special challenges, life problems/injuries etc. that need attention? Are you on any medications?

18. Do you have other skills such as in dance, athletics, Pilates, massage Chiropractic etc.?

II. Personal Background

1. Where were you born and where did you grow up?

2. Describe your formal education (use equivalents if educated abroad).

3. Describe other professional training/education.

4. In your studies in high school (or equivalent abroad):
What was hard and what was easy for you? Include homework, exams, reading, and relationship to your class members in your description.

5. Do you like to read? What book(s) have had the most importance or impact on you?

6. What are some of the ways you like to relax, have fun and play?

III. Conclusion:

Please add anything else you would like us to know about you.

The World Yoga Center Teacher Training is dedicated both to the greatness and luminosity of the heart of Yoga and to the teachers who become its carriers.